



Santa Cruz County COVID-19 Response

Teen and Young Adult Resources & Services

Coping Hotlines (open 24/7)

<p>National Suicide Prevention</p> <p> (800) 273-8255</p> <p>Mental Health Anonymous Crisis Line</p> <p> (800) 704-0900</p>	<p>Disaster Distress Helpline</p> <p> (800) 985-5990</p> <p>or text </p> <p>TALKWITHUS to 66746</p>	<p>Walnut Avenue Family & Women's Center : Domestic Violence Hotline</p> <p> (866) 269-2559</p>	<p>National Domestic Violence Hotline</p> <p> (800) 799-7233</p> <p>or text </p> <p>LOVEIS to 22522</p>	<p>National Sexual Assault Hotline</p> <p> (800) 656-4673</p> <p></p>	<p>Monarch Services: Bilingual Crisis Hotline (for individuals who may be experiencing violence)</p> <p> (888) 900-4232</p>
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LGBTQIA + Resources

<p>Trans & Allies Peer Support Group: ongoing peer support groups during shelter in place order and resources for the Transgender Community</p> <p style="text-align: center;"> diversity center santa cruz county</p>	<p>LGBTQ+ Youth Meet Ups: private LGBTQ+ youth virtual groups with daily activities</p> <p style="text-align: center;"> diversity center santa cruz county</p>	<p>Online Pre-Teen Group: virtual discussion group, open to youth ages 11-12</p> <p>Online Teen Group: virtual discussion group is a way to meet others navigating their gender in a relaxed space, open to youth ages 13-19</p>	<p>The Trevor Project (for individuals feeling suicidal, or in need of a safe and judgment-free place to talk)</p> <p> (866) 488-7386</p> <p>or TEXT </p> <p>START to 678678</p> <p>TRANS Life Line (peer support service run by trans people, for trans and questioning callers)</p> <p></p>
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Educational Resources

<ul style="list-style-type: none"> • Santa Cruz Public Libraries: downloadable books, movies, music & more! • BluePrint: free unlimited access for home schooling resources • Harvard: free online courses • Santa Cruz Learning Center: tutoring via Zoom 	<ul style="list-style-type: none"> • Google Classroom: COVID-19 Resources • Zoom Tutorials • How to Protect your Zoom Calls • Khan Academy • Scholastic Learn at Home (K-9th) 	<ul style="list-style-type: none"> • Cousera: free online learning & community resources during COVID-19 • Free courses for high school students • Wonders of the Animal Kingdom 	<ul style="list-style-type: none"> • Educational Netflix Shows • Virtual Field Trips • Monterey Bay Aquarium: learning at home • Virtual Museum Tour
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COVID-19 Testing Site

COVID-19 testing is now available at [Ramsay Park Family Center, 1301 Main Street in Watsonville.](#)

- Testing is available for those who meet [California Department of Public Health's Tier 1 eligibility guidelines.](#)
- Testing is by appointment only. Schedule online at <https://lhi.care/covidtesting> (strongly recommended) or call 888-634-1123.
- **No identification or insurance required. No costs for patients.**

Self-Care & Support

Conflict Resolution Center:

virtual meditation & community zoom meetings

United 4 Youth Watsonville

will be hosting a zoom meeting every Friday for high school students



[Click here](#) for tools to keep your mind grounded when anxiety wants to take over



- **Unisef:** How teenagers can protect their mental health during COVID-19
- **NAMI:** How to Have a Healthy Relationship with Social media



Walnut Avenue Family & Women's Center -Youth Mentoring

Ages 12-17

Call for more info:

(831) 426-3062

M - F, 9:00 am - 5:00 pm

Entertainment

- **Santa Cruz City Parks & Rec:** virtual recreation activities
- **Watsonville Recreation:** virtual recreation activities
- **County of Santa Cruz Parks, Open Spaces, & Cultural Services:** virtual recreation center

Entertainment

- **Monterey Bay Aquarium Live Cam**
- **Yosemite Virtual Tour**
- **San Diego Zoo Live Cam**
- **Netflix Party**
- **House Party**



Fitness & Health

Jovenes Sanos: workouts & healthy eating follow on [Facebook](#) & [Instagram](#)



Food What: wellness & cooking workshops follow on [Facebook](#) & [Instagram](#)

Crossfit West: free online workouts



Planet Fitness: free daily online workout class @ 4:00pm



Luma Yoga Online Practice Library: free videos
Luma Yoga Live Streaming: free 45-60min classes

Nike Training Club: premium is free!
Orange Theory Fitness: free at-home workouts



Reliable, COVID-19 Current Information

- [United Way of Santa Cruz County COVID-19 Community Response Page](#)
- [County of Santa Cruz Health Services Agency COVID-19 Updates](#)
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx> -find COVID-19 community testing sites near you
- [Centers for Disease Control & Prevention \(CDC\) COVID-19 Info](#)
- [World Health Organization \(WHO\) COVID-19 Info](#)

